

Week 11 Outline	Video Topic	Points to Emphasize	Handouts/Supplies
<ol style="list-style-type: none"> 1. Check attendance. 2. Distribute name tags 3. Show Week 11 DVD. 4. Review “Points to Emphasize.” 5. Discuss “Celebration or Pot Luck” for Week 12 (optional). 6. Collect name badges. 7. Discuss the importance of coming back for the 12 weeks after class as a successful stopper. 	<ul style="list-style-type: none"> • Relapse rates over time for heroin, smoking, and alcohol • Greatest risk for relapse is in the first 12 weeks of a program • Behavior 	<ol style="list-style-type: none"> 1. People do not continue to practice non-rewarding behavior. 2. Continue support group to increase probability of being a long term successful non-smoker. 3. Maslow’s Hierarchy of Needs <ol style="list-style-type: none"> a. Need to Survive b. Need to Be Loved c. Need to Feel Important d. Need to Achieve e. Need to Meet Spiritual Needs f. (Emphasis may vary at different ages.) 4. The reasons you started smoking-are reasons that are no longer important to you. 5. You are better off as a non-smoker. 6. If using 7 mg. patch-Go off patch this week. 7. If using gum or lozenge-no more than 2 pieces/day next week. 8. Remember: “Do what Dr. Cooper and Dr. Clayton say and you WILL succeed!” 	<p><u>Supplies:</u></p> <ul style="list-style-type: none"> • Attendance sheet • Name badges • DVD/TV • DVD 11:15 <p><u>Handouts:</u></p> <ul style="list-style-type: none"> • Remember the 3 R’s

